



Managing Chronic Pain

What should you know about pain?

Pain is complex. It can differ enormously from person to person, even among those who appear to have the same injuries or illnesses. It can arise from many different sources, such as knee problems, gout, or an autoimmune condition like lupus.

What can you do to manage your pain?

- Exercise moderately when possible. Walking each day can help manage many painful conditions.
- Maintain a healthy weight. Extra weight adds stress on your joints and other parts of the body. Try eating less fat and sugar, and more fruits and vegetables.
- Surround yourself with family and friends. Playing card games or board games can help keep your mind off the pain, and being with others reminds you that you are not alone.

Find out more!

The National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health, has **free**, easy-to-read information about managing pain. Download or order these and other topics at <http://www.niams.nih.gov/multicultural/>, or call toll free at **877-226-4267** (TTY: 301-565-2966).

- Back Pain: Easy-to-Read Fast Facts
- Pain: Hope Through Research (National Institute of Neurological Disorders and Stroke)
- Pain: You Can Get Help (National Institute on Aging)
- Temporomandibular Joint and Muscle Disorders (National Institute of Dental and Craniofacial Research)



National Institute of
Arthritis and Musculoskeletal
and Skin Diseases